PERSONAL TRAINING

PERSONAL TRAINING AGREEMENT, MUST BE A MEMBER OF THE YMCA TO PARTICIPATE IN PERSONAL TRAINING

DATE:_____

_____(print members name) has entered into an agreement with the Anderson Area YMCA to receive "Personal Training" sessions. By signing this agreement you acknowledge that you have read and have signed the AGREEMENT AND RELEASE OF LIABILITY and have filled out a PRE-EXERCISE QUESTIONNAIRE. ***All sessions missed without 24 hours' notice will be considered a session used.*** Member must contact his/her assigned personal trainer at least 24 hours in advance for cancellation. During your initial training session, your personal trainer will give you his/her home phone number and or mobile number. Please be on time for each session. You have paid for the following sessions as indicated below. Sessions will be honored for 6 months from date of purchase. Any uncompleted sessions will be forfeited after 6 months of payment.

INDIVIDUAL TRAINING: 1 Hour Sessions

- ☐ 4 Sessions $215
- ☐ 8 Sessions $400
- ☐ 12 Sessions $560
- ☐ 24 Sessions $1000

INDIVIDUAL TRAINING: 30 minute Sessions

- ☐ 4 Sessions $140
- ☐ 8 Sessions $240
- ☐ 12 Sessions $315
- ☐ 24 Sessions $520

SMALL GROUP TRAINING: 1 Hour Sessions

(Must include 2 or MORE members who work out at the same time with the same trainer. Must be 1 hour sessions)

- ☐ 4 Hours $110/person
- ☐ 8 Hours $200/person
- ☐ 12 Hours $320/person
- ☐ 24 Hours $550/person

Name:_____Age:_____

Home Phone number:_____Cell number _____

Did anyone refer you? If so, who?_____

Trainer Request:_____

Available Times to Train:_____

What are your Fitness Goals:_____

_____

Current PT Members:_____Renew Training with Trainer:_____